

CYA NEWSLETTER



IN THIS E-NEWSLETTER

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The logo for Cumbria Youth Alliance is centered within a large black circle. The word 'CUMBRIA' is in pink, 'YOUTH' is in yellow, and 'ALLIANCE' is in green. The 'Y' in 'YOUTH' is stylized with a dot above it.

CUMBRIA
YOUTH
ALLIANCE

INSPIRATION OF THE WEEK

Emma Watson



Let's explore the life of Emma Watson, a British actress, model, and activist. Emma Watson gained global fame for her portrayal of Hermione Granger in the "Harry Potter" film series, starting at a young age. Beyond her acting career, Watson is known for her commitment to education and gender equality. Emma Watson has served as a UN Women Goodwill Ambassador and launched the HeForShe campaign, which calls for men to advocate gender equality. She has been a vocal advocate for women's rights, speaking at the United Nations and participating in various initiatives to promote education for girls and equal opportunities for women.

Read & Listen

Catch-22

Joseph Heller



The Blueprint

Jay-Z



It's **Movember** and we're here to listen without judgement



WEEKLY EVENTS

<p>MONDAY</p> <p>Cyber Monday is celebrated the Monday after Thanksgiving weekend. Established in 2005, Cyber Monday is the Internet's answer to brick-and-mortar holiday shopping</p>	<p>TUESDAY</p> <p>Albania Independence Day is celebrated on November 28 of every calendar year in Albania, Kosovo, North Macedonia, and the Albanian diaspora.</p>
<p>WEDNESDAY</p> <p>National Square Dancing Day is celebrated on November 29 every year in the United States to honor the square dance form of folk dancing.</p>	<p>THURSDAY</p> <p>St. Andrew's Day, celebrated on November 30 each year, is considered a national holiday in Scotland and across Europe. Known as the patron saint of Scotland, Romania, Greece, and many more European countries,</p>
<p>FRIDAY</p> <p>First recognized in 1988, World AIDS Day falls on December 1 each year. World AIDS Day is dedicated to spreading awareness of the AIDS pandemic spread by the spread of HIV infection, and to mourning those who have died of the disease.</p>	<p>SATURDAY</p> <p>International Day for the Abolition of Slavery happens annually on December 2. On this day in 1949, the General Assembly of the United Nations adopted the Convention for the Suppression of the Traffic in Persons.</p>
<p>SUNDAY</p> <p>Every year on the first Saturday of December, falling on December 3 this year, it's Bath & Body Works' Candle Day. Stock up on your favorite calming scents for the lowest prices of the year.</p>	<p>THIS WEEK I AM GRATEFUL FOR...</p>

WEEKLY NEWSBEAT

WHO IS NIGEL FARAGE? A QUICK GUIDE TO I'M A CELEB CONTESTANT

He calls himself "a hero to some people and an absolute villain to millions" and is currently living in an Australian jungle. If you aren't familiar with the GB News presenter and I'm a Celebrity's self-styled pantomime villain Nigel Farage, here's what you need to know.

He's a former investment banker

Now 59 years old, Mr Farage was born in Kent, attended the private Dulwich College and started working in the City - London's finance district - in 1982. He was an early member of the United Kingdom Independence Party (UKIP), which campaigned to leave the European Union, in 1993. He has four children - two sons with his ex-wife and two daughters with Kirsten Mehr, a German national he reportedly met in 1996.



He led a political party but has never been an MP

Fellow jungle campmate Josie Gibson told Jamie Lynn Spears that Mr Farage was a Member of Parliament in Britain, but this isn't true.



He was the leader of UKIP and tried to get elected several times but never succeeded. However, he did get elected to the European Parliament in 1999, and stayed there until 2020. On the day of the 2010 UK general election he survived a plane crash and spent two days in hospital.

He's had a big influence on politics and Brexit

Mr Farage built his political career on being a Eurosceptic - someone who wanted Britain out of the European Union. He urged people to vote leave in the 2016 Brexit referendum and his focus on immigration was heavily criticised by opponents, especially a campaign poster showing a line of asylum seekers with the words "Breaking Point" on it. It is thought he played a big part in making immigration one of the main themes of the debate before the Brexit vote. He's also supported politicians in other countries, such as former US President Donald Trump.

[READ MORE](#)



WE ARE PEOPLE FIRST



About us

We provide the following activities for young people aged 10-25 with learning difficulties and/or autism. Come along and join us!



Tuesday 5th December 6:30-8pm

Youth Zone Senior Club

We will be joining the Youth Zone for their senior club! There will be lots of young people there and lots of things to do including football, gym, baking, book club, Just Dance, consoles, snooker and arts and crafts.

Location: Carlisle Youth Zone, Victoria Pl, Carlisle CA11LR
50p entry (to Youth Zone)



Wednesday 13th December 6-8pm

Christmas Pizza Party

Join us for our festive celebration! You can enjoy some yummy pizza, sing along to Christmas songs and join in with Christmas crafts, colouring and sensory activities.

Location: People First Conference Centre, Milbourne St, Carlisle CA2 5XB
Free



Everyone has right to be respected and to have a say on the issues that shape their lives

As an independent advocacy charity we stand shoulder to shoulder with people across the North of England to champion fairness and equality.

A mother fighting to keep her son. A young person with learning difficulties training for work. A family who are experiencing issues accessing healthcare.

We challenge the term 'vulnerable' by supporting people to understand their rights and to be heard when they need it most.

LEARN MORE






BREAKING BARRIERS PROJECT

The Breaking Barriers project supports young people 15-18 years old who live in Workington, Whitehaven, Cleator Moor, Frizington and surrounding areas who are NEET or projected NEET to build engagement, raise aspirations, provide training and improve career opportunities.

We aim to:

- **BOOST YOUR CONFIDENCE: DISCOVER YOUR SELF-WORTH, DEVELOPING EMOTIONAL RESILIENCE**
- **OFFER UP TO 6 MONTHS BESPOKE SUPPORT**
- **CREATE FUN & ENGAGING ACTIVITIES BASED ON YOUR HOBBIES & INTERESTS**
- **KEEP YOU MOTIVATED TO REACH YOUR GOALS**
- **DIVE INTO ONLINE LEARNING MODULES TO GEAR UP FOR YOUR DREAM JOB**
- **OFFER FRIENDLY ONE TO ONE IN PERSON OR VIRTUAL SUPPORT**
- **FUEL YOUR AMBITIONS: SET HIGH ASPIRATIONS**
- **HELP IN ACCESSING DUKE OF EDINBURGH AWARD**

For more details or to sign up please contact us:

 www.cya.org.uk  Office@cya.org.uk  01900 603131

CUMBRIA
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ALLIANCE



Benny Walker
Charitable Trust

Fruity Sweet potato & chicken curry



175ml vegetable oil, plus extra for greasing
175g dark muscovado sugar
3 large eggs
1 small ripe banana, mashed
140g grated eating apple
100g grated carrot
1 small mango, peeled and cut into small dice
zest 1 lemon
250g self-raising flour
1 tsp bicarbonate of soda
1 tsp mixed spice
For the icing
225g icing sugar, sieved
For the icing
75g passion fruit or lemon curd
75g cream cheese

Method

LEARN MORE



STEP 1

Cook the sweet potatoes in boiling, salted water for 5-7 mins until just tender. Drain well, then set aside. Meanwhile, heat the oil in a large frying pan, then add the chicken and onion. Cook for 5-6 mins until the chicken is browned and cooked through. Stir in the curry paste, cook for 1 min, add the tomatoes, then cook for another min.

STEP 2

Pour in 100ml boiling water and mix well. Simmer for 5 mins, add the spinach, then cook for 2 mins until wilted. Fold in the potatoes and heat through. Serve with rice and naan breads.

CUMBRIA CVS AGM & CONFERENCE

Kendal Rugby Club, 29 November 2023



Health in Cumbria

Guest speakers:

- Alex Scott, Lord Lieutenant Cumbria
- Professor Tony Chapman, Durham University
- Ed Tallis, Director of Place, North Cumbria Place-based Partnership, NENC ICB
- Jane Scattergood, Director of Health and Care Integration, South Cumbria Place-based Partnership, LSC ICB
- Katrina Stephens, Director of Public Health, Westmorland and Furness Council

WHITEHAVEN HARBOUR YOUTH PROJECT



Whitehaven Harbour Youth Project
Swingpump Lane, Whitehaven, Cumbria, CA28 7LZ,
Tel: (01946) 690404, Email: admin@whyp.org.uk



What's On Every Week

Monday:
5pm-6:30pm: Youth Club (Primary age - Free)
7pm-9.00pm: Gaming Group (Secondary age - £2)

Tuesday:
4:30pm-6pm: Climbing Club (10yrs+, £3)
7pm-8:30pm: Fusion Youth Group (Fortnightly) (16-25yrs, £1)

Wednesday:
4:30pm-5:30pm: Girls Group 1 (8yrs+, £2)
5:45pm-6:45pm: Girls Group 2 (11yrs+, £2)
7pm-8:30pm: Girls Group 3 (11yrs+, £2)
5.15pm-7.15pm: Table Tennis (8yrs+, £3)

Thursday:
4:30pm-5:30pm: Archery Club 1 (9yrs+, £3)
6pm-7pm: Archery Club 2 (9yrs+, £3)
7:30pm -9pm: Adult Table Tennis (£2)

Friday:
4:30pm-6pm: Climbing Club (10yrs+, £3)
6:30pm-8:30pm: FNP Youth Club (Secondary Age - Free)

 
Registered Charity No. 1120763 Company No. 6139222

Please contact the office to check availability/book a place.
Check Facebook for any last minute changes.



Established in 1996, the Whitehaven Harbour Youth Project is registered charity based in Copeland, Cumbria (Registered Charity No. 1120763), dedicated to giving young people opportunities to develop their potential, to understand themselves and others, and to have a good time.

We achieve that by delivering high quality, evidence based youth work, in our town centre facility and through outdoor adventure.

LEARN MORE





TOP JOBS IN CUMBRIA



**All of these jobs were
found on: [Indeed.co.uk](https://www.indeed.co.uk)**

Children's Activity Group Leader
Robinwood Activity Centres
Cumbria

Young Children's Support Worker
ABC Care and Education Ltd
Penrith

Student Support Worker at HMP Haverigg
Novus
Cumbria

Support Worker
Jemcare
Whitehaven

Delivery Driver Carlisle
Driver Express
Carlisle

Sales Assistant - 16 Hours
Regatta
Grasmere

Part Time Bistro Assistant
Underscar
Keswick

Recruitment Consultant
Rullion
Whitehaven

Residential Support Worker and
Team Leaders
helpful Investments Limited
Workington

Support Worker
Community Integrated Care
Cockermouth

Finance Assistant
Lakeland Arts
Windermere

Part-Time School Driver
24x7 Cumbria
Barrow-In-Furness

Link Worker
Everyturn
Carlisle

Community Support Worker
Good Companions Care Agency
Keswick

Visitor Operations Administrator
Dalemain Mansion
Penrith

Care/Support Worker
Interaction Recruitment Plc
Cumbria

Administration Assistant - Part Time
Thomas Armstrong (Holdings) Limited
Cumbria

Bar and Waiting Assistant
Another Place, The Lake
Watermillock

Administrator - 35hrs per week -
Cumbria
Remedi - Restorative Services
Cumbria

**IF YOU NEED ANY HELP WITH YOUR CV
CONTACT:
office@cya.org.uk**



FORGING FUTURES

Forging Futures is a new county-wide youth support programme for young people 16 - 24, helping to tackle rising youth unemployment.

Funded by the Youth Futures Foundation, delivered by Cumbria Youth Alliance, with the support of specialist partner organisations.

You will benefit from:

- **SUPPORT TO ACCESS VOLUNTEERING, WORK EXPERIENCE PLACEMENTS AND TASTERS**
- **UP TO 6 MONTHS IN-WORK SUPPORT**
- **WEEKLY ONE TO ONE IN PERSON OR VIRTUAL CONTACT WITH A CYA SUPPORT WORKER**
- **CV AND COVERING LETTERS**
- **OPPORTUNITY TO ATTEND REGULAR EMPLOYER LED CAREER TALKS AND INFORMATION SESSIONS**
- **HAVE ACCESS TO A SUITE OF ONLINE LEARNING MODULES**
- **ASSISTANCE WITH JOB SEARCH**
- **CAREER FOCUSED ACCREDITED TRAINING**
- **ACCESS TO REGULAR GROUP DEVELOPMENT / ACTIVITY SESSIONS**

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youth
futures
FOUNDATION

Online Learning

Cumbria Youth Alliance has joined up with Embrace Resilience to offer all staff & volunteers in Cumbria working with children, young people and families access to a large range of online learning modules FREE of charge. We have a variety of modules from Data Protection to Supporting People with Autism. Get in touch today to find out more or visit our website to see our full list on training.



Register at www.cya.co.uk/e-learning or contact office@cya.org.uk for a registration form

WANT TO GET INVOLVED WITH THE CYA NEWSLETTER?

If you have any upcoming events or recap on past events promoted in our newsletter or would like to feature a playlist.

Feel free to get in touch with callum@cya.org.uk

If you no longer wish to receive CYA digital newsletter email callum@cya.org.uk with the message STOP.

or

If you wish to receive previous issues send PAST ISSUES email callum@cya.org.uk

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Thought of the Day:

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.” — William Arthur Ward

Joke of the Day

Why did they let the turkey join the band? He had his own drumsticks.

Random Fact of the Day:

The first Thanksgiving was a three day festival.

Journal Prompt of the Day:

Why is it important to have a day of thanks?

If you are interested in any of the activities mentioned in this newsletter and would like some more information then please contact CYA on:

01900 603131

Visit our website for information, help, support, newsletters, online resources, and activities

www.cya.org.uk



Find us on Facebook